

# No Weigh! A Declaration of Independence from a Weight-Obsessed World

**I, the undersigned, do hereby declare that from this day forward I will choose to live my life by the following tenets. In so doing, I declare myself free and independent from the pressures and constraints of a weight-obsessed world.**

- I will accept my body in its natural shape and size.
- I will celebrate all that my body can do for me each day.
- I will treat my body with respect, giving it enough rest, fueling it with a variety of foods, exercising it moderately, and listening to what it needs.
- I will defy our society's pressures to judge myself and other people on physical characteristics like body weight, shape, or size. I will respect people based on the qualities of their character and the impact of their accomplishments.
- I will refuse to deny my body valuable nutrients by dieting or using weight loss products.
- I will avoid categorizing foods as either "good" or "bad." I will not guilt or shame myself for eating certain foods. Instead, I will nourish my body with a balanced variety of foods, listening and responding to what it needs.
- I will not use food to mask my emotional needs.
- I will not avoid participating in activities that I enjoy (e.g., swimming, dancing, enjoying a meal with friends) simply because I am self-conscious about the way my body looks. I will recognize that I have the right to enjoy any activities regardless of my body shape or size.
- I will base my self-esteem and identity on that which comes from within!

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**Signature**

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**Date**